

*Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.*

*Mission Statement ...to provide life-enriching activities and relevant information on issues that affect seniors, and to assist them in obtaining services necessary for their well-being.*

## *Sheffield Senior Crier*

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**"Spring is when you feel like whistling even with a shoe full of slush." -  
Doug Larson**

*News from the Sheffield Senior Center, 25 Cook Road  
413-229-7037*

*(Published in part with funding from Executive Office of Elder Affairs)*

*Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, [jenngoewey@sheffieldma.gov](mailto:jenngoewey@sheffieldma.gov)*

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*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://www.sheffieldma.gov))*

*Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

### *A Message from the Executive Director*

Spring has come and we certainly have welcomed the longer days of sunshine and warm air! Our days are busy here at the senior center and the Council on Aging has been working hard to live out the mission and goals as expected, while creating a vision for the future. Our statistics continue to amaze me and soon you will have the annual town report that highlight our progress and success! I have officially completed one full year in my role as the Executive Director and I am proud of all the work that has been collectively accomplished over the last year. I have found my specific passions within the aging population and advocate on your behalf whenever possible and as needed. My days are full here and so is my heart! We have several new programs and offerings for the next few months, so please be sure to pay close attention to the details and contact us with any questions. Madonna has been busy planning several trips and we are hoping that you will join in on the adventures, fun and opportunities for friendship. This newsletter is for the next three months so please be sure to keep it handy to reference.

**Computer Class- Tuesday, April 19 from 3-4pm:** I Pad's, I Pod's, I phone's and Mac Book's- it is your turn for some technical support. If you have any one of these devices and could use some help, bring them and we will try to assist you! Call to register, 229-7037

**Bone Density Scans- Friday, April 22 from 11-2:** Lee Jagi from Health New England will be joining us to provide bone density scans! Please call 413-229-7037 to register.

**Get Cuffed Program- Thursday, April 28 from 2-3:** Berkshire Health Systems will be hosting the "Get Cuffed Program" a blood pressure clinic and informational session. If you would like to participate you need to RSVP directly with BHS at 413-854-9929.

**Sheffield Senior Center Ukulele Band- Beginning May 5 at 1pm:** The "Magic Fluke" has provided ukuleles on loan for six week to form a band. By the end of one session you will be able to play a song, join us! Limited to 10 people so please sign up ahead of time. Deadline to sign up is April 15, call 229-7037. **Band will meet on May 5, May 12, May 19, May 26, June 2 and June 9<sup>th</sup> at 1pm.**

**Mother's Day Tea- Saturday, May 14<sup>th</sup> from 1-2pm:** Join us as we honor our mothers over tea and light afternoon delightful treats. No charge, all ages welcome. Please call to sign up. 229-7037.

**Live Your Life Well Event- Tuesday, May 17 from 11:30-2:30:** "Live your Life Well- You can handle life's hurdles. We can show you how." Small group discussions with different discussion topic leaders who lead topics on ways to adopt healthier habits with ten different topics including rest, staying active, eating well, connecting with others, reducing stress and more. Free- lunch included, please register in advance. 229-7037

**Bereavement Support Group-** Will meet the 2<sup>nd</sup> Tuesday each month (April 12, May 10 and June 14 from 5:30-6:30 and the 4<sup>th</sup> Tuesday each month (April 26, May 24 and June 28) from 1:00-2:00 of every month. You may come once or twice per month as you wish, drop ins welcome. Group is led by Cynthia Casoff Henry~

**Keep Moving Walking Club-** This group will meet **Tuesday's and Thursday's at 3:30 pm,** and meets at the Mt. Everett High School at the community entrance.

**"Brown Bag" Food Program- Wednesday's April 13, May 11 and June 8 from 1-3:**

Distribution is from 1-3 and the bags are located in the nurse's office.

**Blood Pressure Clinic's -Thursday's April 14, May 12 and June 9 from 10am-11am:**

Please call to make your appointment. 229-7037

**Foot Nurse- First Thursday of every month: April 7, May 5, and June 2.** Please call the senior center to make an appointment, 229-7037.

**LEO (Let's Eat Out) – Thursday, April 14 at Stateline in Canaan, Wednesday, May 11 at the Barrington Brewery and Thursday, June 9 at the Marketplace Café- all at 5:30 pm:**

Please call the senior center to sign up. 229-7037

**BINGO- Wednesdays at 1pm:** Following the congregate meals every week.

**PITCH- Thursday's at 1pm:** \*please note- there is no pitch on the Third Thursday of the month!

**Toddler Program- Wednesdays, April 6, April 27, May 11, May 25 and June 8, from 10-11**

**am:** If you would like to learn more about this intergenerational program that we host in conjunction with the Southern Berkshire Childcare Program, please call the senior center. We are always looking for more volunteers. 229-7037

**Third Thursday Potluck Luncheon-** Third Thursday of each month at noon. Bring your favorite dish to share.

- **April 21-** Community Health Worker from Volunteers in Medicine (VIM).
- **May 19-** "Boom or Bust" music entertainment by Douglas Schmolze.
- **June 16-** Fitness and Nutrition presentation with Thea Basis and Sandy French.

**Men's Breakfast's- Last Monday of every month at 9 am.** Please call the senior center to sign up. 229-7037

- **April 25-** Topic: Beekeeping, guest speaker Bill Seymour
- **May 23-** Topic: "A Soldier's Journey", guest speakers Madonna Meagher and Jeanne Randorf; WWII Soldier's journey in France.
- **June 27-** Topic: Fly Fishing, guest speaker (tentative) Harry Desmond from Berkshire Rivers Fly Fishing.

**Age Mastery Program- (AMP) Friday's at 1pm:** April 29, May 6, May 13, May 20, May 27, June 3, June 10, June 17, June 24, July 1 and July 8<sup>th</sup>. This is an innovative program developed by the National Council on Aging (NCOA) designed to cover eight modules including; navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention, and community engagement. As part of the program, participants earn incentives for healthy behavior including prizes, a healthy snack is provided and the offering is free! Open to surrounding communities and Council on Aging's. Please call 229-7037 to register.

#### ***FRIENDS EVENTS:***

**Flower Demonstration Workshop- Saturday, April 23, 2016 from 10-12:** MaryEllen

O'Brien will design three floral arrangements that will be raffled off. \$10- includes admission and 10 raffle tickets, \$15- includes admission and 15 raffle tickets, \$20- includes admission and 20 raffle tickets. Please call to register, 229-7037.

**Antique Appraisal Night- Friday, April 29, 2016 from 7-9pm:** Bring two items for appraisal and an expert will provide background and estimate of value. \$5 for the first two items, up to four additional items \$5 each. Limit of 25 people, so please call to register. 229-7037

**Paint & Sip Fundraiser for Lower Level- Saturday, June 4, 2016 from 6-8pm:** at Bogies in Great Barrington. Please call to register (413) 205-8346 or go online at <http://www.berkshirepaintandsip.com/>.

### ***UPDATES/REMINDERS/ANNOUNCEMENTS:***

**Can you help us?** We are trying to stock our cupboard with some baking supplies! Any donations are appreciated and we are grateful, Thank you!

- Flour, sugar, brown sugar, butter, chocolate chips and raisins.
- Napkins

### ***SCHEDULED TRIPS:***

**April- Friday, April 15: Ventfort Hall a mansion and gilded age museum located in Lenox.**

- Price- \$20.00
- Lunch- Mid day "Tea Time" -traditional silver service with a selection of savories and sweets, included in the price.
- Departure- 10 am from the senior center
- Sign up deadline (including payment)- April 8<sup>th</sup>- 15 person maximum!

**May- Monday, May 9: Albany Tulip Festival and lunch at the Albany Pump Station.**  
**(Raindate is Thursday, May 12<sup>th</sup>).**

- Price- \$5.00
- Lunch- Bring money to eat at the Albany Pump Station
- Departure- 9 am from the senior center
- Sign up deadline (including payment)- April 25<sup>th</sup>- 15 person maximum!

**June- Friday, June 17: Hildene, the Lincoln Family Home in Manchester, Vermont including the celebration of the heirloom peonies!**

- Price- \$40.00
- Lunch- Lunch included in the price and is provided by Sherrie's Café
- Departure- 8:30 am
- Sign up deadline (including payment) - June 1<sup>st</sup> – 15 person maximum!

Do not forget these Saturday Events!

1. Flower Demonstration Workshop- **Saturday, April 23, 2016 from 10-12.**
2. Mother's Day Tea- **Mother's Day Tea- Saturday, May 14<sup>th</sup> from 1-2.**

\*Please do not forget there is health related information posted in the nurse's room along with health related pamphlets on various health topics for you to take when needed!

Monday	Tuesday	Wednesday	Thursday	Friday
April				1 9:45-11 Exercise Class 12 Spanish
4 10-12 Mahjongg 12 Spanish 1 Art Class	5 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 3:30 Walking Club	6 10 Toddler Program 12 Spanish <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	7 9 Foot Nurse 9 Exercise Class 10 Bridge 1 Pitch 3:30 Walking Club	8 9:45-11 Exercise Class 12 Spanish
11 10-12 Mahjongg 12 Spanish 1 Art Class	12 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 4 COA Meeting 5:30 Bereavement Support Group 3:30 Walking Club	13 12 Spanish <u>12 Congregate Meal</u> 1 BINGO 1-3 Brown Bag 3:30 Chair Yoga	14 9 Exercise Class 10 Bridge 10 Blood Pressure Clinic 1 Pitch 3:30 Walking Club 5:30 LEO Club	15 9:45-11 Exercise Class 12 Spanish <u>Ventfort Hall Trip</u>
18 10-12 Mahjongg 12 Spanish 1 Art Class	19 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 3 Computer Class 3:30 Walking Club	20 12 Spanish <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	21 9 Exercise Class 10 Bridge 12 Third Thursday Pot Luck Lunch VIM Health Talk 3:30 Walking Club	22 9:45-11 Exercise Class 12 Spanish 11-2 Bone Density Scans
25 9 Men's Breakfast Bill Seymour-Beekeeping 10-12 Mahjongg 12 Spanish 1 Art Class	26 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Bereavement Support Group 3:30 Walking Club	27 10 Toddler Program 12 Spanish <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	28 9 Exercise Class 10 Bridge 1 Pitch 2 Get Cuffed Program 3:30 Walking Club	29 9:45-11 Exercise Class 12 Spanish 1 AMP 7-9 Antique Appraisal Night

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  10-12 Mahjongg  12 Spanish  <b>1 Art Class</b>	<b>3</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie  <b>11:30 Friends Meeting</b>  <b>3:30 Walking Club</b>	<b>4</b>  12 Spanish  <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b>  3:30 Chair Yoga	<b>5</b>  <b>9 Foot Nurse</b>  9 Exercise Class  10 Bridge <b>1 Pitch</b> <b>1 Ukulele Band</b>  <b>3:30 Walking Club</b>	<b>6</b>  9:45-11 Exercise Class  12 Spanish <b>1 AMP</b>
<b>9</b>  <b>Senior Center Closed</b>  <b>Town Election</b>  <u><b>Tulip festival Trip</b></u>	<b>10</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie  <b>4 COA Meeting</b> <b>5:30 Bereavement Support Group</b>  <b>3:30 Walking Club</b>	<b>11</b>  <b>10 Toddler Program</b> 12 Spanish  <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b> <b>1-3 Brown Bag</b> 3:30 Chair Yoga  <b>5:30 LEO Club</b>	<b>12</b>  9 Exercise Class  10 Bridge 10 Blood Pressure Clinic <b>1 Pitch</b> <b>1 Ukulele Band</b> <b>3:30 Walking Club</b>	<b>13</b>  9:45-11 Exercise Class  12 Spanish <b>1 AMP</b>
<b>16</b>  10-12 Mahjongg  12 Spanish  <b>1 Art Class</b>	<b>17</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie  <b>11:30 Live Your Life Well Event</b>  <b>3:30 Walking Club</b>	<b>18</b>  12 Spanish  <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b>  3:30 Chair Yoga	<b>19</b>  9 Exercise Class  10 Bridge  <b>12 Third Thursday Pot Luck Lunch</b> <b>*Boom or Bust*</b> <b>1 Ukulele Band</b> <b>3:30 Walking Club</b>	<b>20</b>  9:45-11 Exercise Class  12 Spanish <b>1 AMP</b>  <b>6:30 Red Hats-Movie</b>
<b>23</b>  <b>9 Men's Breakfast "A Soldiers Journey"</b> 10-12 Mahjongg  12 Spanish  <b>1 Art Class</b>	<b>24</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie  <b>1 Bereavement Support Group</b>  <b>3:30 Walking Club</b>	<b>25</b>  12 Spanish  <u><b>12 Congregate Meal</b></u> <b>10 Toddler Program</b> <b>1 BINGO</b> 3:30 Chair Yoga	<b>26</b>  9 Exercise Class  10 Bridge <b>1 Pitch</b> <b>1 Ukulele Band</b>  <b>3:30 Walking Club</b>	<b>27</b>  9:45-11 Exercise Class  12 Spanish <b>1 AMP</b>
<b>30</b>  <b>MEMORIAL DAY SENIOR CENTER CLOSED</b>	<b>31</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie  <b>3:30 Walking Club</b>			<b>May</b>

Monday

Tuesday

Wednesday

Thursday

Friday

<b>June</b>		<b>1</b> 12 Spanish <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b> 3:30 Chair Yoga	<b>2</b> <b>9 Foot Nurse</b> 9 Exercise Class 10 Bridge <b>1 Pitch</b> <b>1 Ukulele Band</b> <b>3:30 Walking Club</b>	<b>3</b> 9:45-11 Exercise Class 12 Spanish <b>1 AMP</b>
<b>6</b> 10-12 Mahjongg 12 Spanish <b>1 Art Class</b>	<b>7</b> 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie <b>11:30 Friends Meeting</b> <b>3:30 Walking Club</b>	<b>8</b> 12 Spanish <b>10 Toddler Program</b> <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b> <b>1-3 Brown Bag</b> 3:30 Chair Yoga	<b>9</b> <b>9 Exercise Class</b> <b>10 Bridge</b> <b>10 Blood Pressure Clinic</b> <b>1 Ukulele Band</b> <b>1 Pitch</b> <b>3:30 Walking Club</b> <b>5:30 LEO Club</b>	<b>10</b> 9:45-11 Exercise Class 12 Spanish <b>1 AMP</b>
<b>13</b> 10-12 Mahjongg 12 Spanish <b>1 Art Class</b>	<b>14</b> 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie <b>4 COA Meeting</b> <b>5:30 Bereavement Support Group</b> <b>3:30 Walking Club</b>	<b>15</b> 12 Spanish <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b> 3:30 Chair Yoga	<b>16</b> 9 Exercise Class 10 Bridge <b>12 Third Thursday Pot Luck Lunch</b> <b>*Fitness &amp; Nutrition</b> <b>3:30 Walking Club</b>	<b>17</b> 9:45-11 Exercise Class 12 Spanish <b>1 AMP</b> <u><b>Hildene Trip</b></u>
<b>20</b> 10-12 Mahjongg 12 Spanish <b>1 Art Class</b>	<b>21</b> 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie <b>3:30 Walking Club</b>	<b>22</b> 12 Spanish <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b> 3:30 Chair Yoga	<b>23</b> 9 Exercise Class 10 Bridge <b>1 Pitch</b> <b>3:30 Walking Club</b>	<b>24</b> 9:45-11 Exercise Class 12 Spanish <b>1 AMP</b>
<b>27</b> <b>9 Men's Breakfast</b> 10-12 Mahjongg 12 Spanish <b>1 Art Class</b>	<b>28</b> 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie <b>1 Bereavement Support Group</b> <b>3:30 Walking Club</b>	<b>29</b> 12 Spanish <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b> 3:30 Chair Yoga	<b>30</b> 9 Exercise Class 10 Bridge <b>1 Pitch</b> <b>3:30 Walking Club</b>	